

Student Handbook

Road to Discovery

Summer Research Program

2005



Office of Intramural Training and Education
National Institutes of Health
Department of Health and Human Services

Summer E-mail List

The Summer Interns E-mail List was created to promote a sense of community among student researchers and to provide a forum for the exchange of educational, scientific, and employment information during the months you spend at the NIH.

How do I subscribe?

1. Compose an e-mail addressed to *listserv@list.nih.gov*
2. Leave the subject line blank
3. In the body of your message type:
 Subscribe Summer-Interns
 Your First Name Your Last Name

How do I post a notice?

You can post a notice, announcement, scientific request, or employment question by sending an e-mail to *summer-interns@list.nih.gov*.



**National Institutes
of Health**

Office of
Intramural Training
and Education

**Office of
Intramural Research**

May 2005

A Message to All Students in Summer Research Programs:

On behalf of all members of the scientific community, I would like to take this opportunity to welcome you to the National Institutes of Health (NIH). It is my hope that your experience with us this summer will enhance your knowledge and understanding of the world of biomedical research and contribute to the development of your academic goals. Over the years, this program has provided the stimulus for many individuals like yourselves to pursue careers in the biomedical sciences.

While you will undoubtedly be spending most of your time in the laboratory this summer, I encourage you to take advantage of the many special opportunities we have to offer as well. The NIH Office of Intramural Training and Education has planned several activities designed to enrich your summer experience. One of these activities, the *Summer Lecture Series*, enables you to hear leading NIH scientists discuss their current research. As envisioned in the new Roadmap for medical research formulated by NIH Director Dr. Elias Zerhouni, the voyage of biomedical research has never been more exciting than today. Reflecting this fact, the theme of this year's series is Road to Discovery. The summer lectures are very popular, so be sure to arrive at the auditorium early.

Another special event, *Poster Day 2005*, takes place toward the end of the summer session on Thursday, August 4th. It provides an opportunity for you to present your research findings to the NIH scientific community. I encourage all summer students to be part of this NIH-wide event, which celebrates the work of over 400 students each year. You will find instructions for creating a poster presentation and a description of registration procedures in this handbook.

I would also invite you to take advantage of the other workshops and activities that we have planned for you. The courses on laboratory safety and radiation safety teach valuable skills and ensure that your summer with us will be safe.

Congratulations on your selection for an internship and best wishes for a rewarding summer at the NIH.

Sincerely yours,

2 Center Drive MSC 0240
Bethesda, MD 20892-0240

www.training.nih.gov
Phone: (800)445-8283
Fax: (301)402-0483

A handwritten signature in black ink that reads "Michael M. Gottesman".

Michael M. Gottesman, M.D.
Deputy Director for Intramural Research
National Institutes of Health

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Road to Discovery

June 21 **A Novel Mechanism of Human Disease: The Clinical Sequelae of Intravascular Hemolysis and Extracellular Plasma Hemoglobin**

Mark T. Gladwin, M.D.

Section Head, Vascular Therapeutics Section

Cardiology Branch

National Heart, Lung, and Blood Institute

June 28 **Neurobiology of Relapse to Addictive Drugs**

Yavin Shaham, Ph.D.

Section Chief, Neurobiology of Relapse Section

Behavioral Neuroscience Research Branch

National Institute on Drug Abuse

July 5 **Gene Therapy for Immune Deficiency: Effective, but Too Dangerous?**

Jennifer M. Puck, M.D.

Chief, Genetics and Molecular Biology Branch

National Human Genome Research Institute

July 12 **Germes, Genes and Disease Etiology: A Contemporary View**

Charles E. Egwuagu, MPH, Ph.D.

Chief, Section on Molecular Immunology

Laboratory of Immunology

National Eye Institute

July 19 **Nuclear Dynamics: Answering Big Questions with a Small Organism**

Orna Cohen-Fix, Ph.D.

Investigator, Laboratory of Molecular and Cellular Biology

National Institute of Diabetes and Digestive and Kidney Diseases

July 26 **Cell-based Skeletal Tissue Engineering**

Rocky S. Tuan, Ph.D.

Chief, Cartilage Biology and Orthopaedics Branch

National Institute of Arthritis and Musculoskeletal and Skin Diseases

All lectures
will be held from
12:00 noon to 1:00 p.m.
on Tuesdays in
Masur Auditorium
in Building 10.

Sign language
interpretation
is available
upon request.
Individuals who
require this or other
accommodations
should call the NIH
Office of Intramural
Training and Education
at (301) 496-2427.

NIH Library Orientation

The NIH Library in Building 10 provides library orientation sessions every Wednesday from May 25 through July 13, 2005. Each one-hour orientation starts at 2:00 p.m. at the Information Desk.

The sessions cover:

- Overview of NIH Library patron privileges
- Overview of NIH Library home page (<http://nihlibrary.nih.gov>)
- Access to *PubMed*®, *Web of Science*®, and other electronic databases
- Access to the on-line catalog
- Retrieval of full-text journals on-line
- Methods to request journal articles
- Training opportunities

For further details, visit

<http://nihlibrary.nih.gov/ResourceTraining/TrainingDescription.htm?ID=94&View=AllTraining>.

For help in navigating the array of information resources, verifying a fact or citation, or using a library resource, contact staff at the Information Desk—in person, by phone, or on-line at <http://nihlibrary.nih.gov>. Click on the *AskUs Live!* button on the Web site for immediate, real-time responses to on-line questions.

For summer students, there is also a raised platform with 12 PCs where users can log in with a valid NIH ID and access Internet resources, on-line journals, databases, and other services. In addition, the NIH Library loans wireless cards and laptops to authorized NIH users with a valid NIH ID. For more information, contact the NIH Library Reference and Information Services at (301) 496-1080.

Test-taking Strategies – Acing the MCAT/Acing the GRE

If you are planning to take the MCAT in August or even next April, you will want to come to the two part series “Acing the MCAT.” If you are planning to take the GRE in the next year, you should plan to attend the two-part series “Acing the GRE.” All sessions will be presented by Dr. William J. Higgins, Associate Professor of Biology at the University of Maryland. Dr. Higgins has taught courses populated by premedical students for 30 years, won many teaching awards, consulted with medical school admission committees, and developed a series of learning strategies for students. For more information, see:

<http://www.life.umd.edu/faculty/bh-cv.html>

Acing the MCAT:

Part 1: June 23, 8:30-11:30 a.m. Bldg. 50/Room 1227

Part 2: June 30, 8:30-11:30 a.m. Bldg. 50/Room 1227

Acing the GRE:

Part 1: July 7, 9:00-11:30 a.m. Bldg. 50/Room 1227

Part 2: July 14, 9:00-11:30 a.m. Bldg. 50/Room 1227

Part 1

- Insight into the application process and application evaluation for Medical School or Graduate School
- How does my test score affect the application process?
- When do I take the test?
- Sections, content, types of questions

Part 2

How to prepare

- Review of specific types of questions
- Strategies for attacking the different sections
- How to study
- How do I know what to study?

Test Day!

- Final preparations
- Test Day strategies: “Do’s,” “Don’t’s” & a checklist
- Test Day procedures

Lunchtime Talks on Training for Research Careers

The NIH Office of Intramural Training and Education will host a series of noon “brown bag” sessions on selected Thursdays in **Building 50, Room 1227** from 12:00 noon to 1:00 p.m. These informal sessions are designed for individuals who are interested in pursuing a career in biomedical research. They will provide information on NIH training opportunities that can help one realize this goal and will feature discussions on the following topics:

July 7 **NIH-supported Programs for Undergraduates and Recent College Graduates**

Learn more about training opportunities at the NIH as well as programs available for students at grantee institutions.

- The **National Institute of General Medical Sciences (NIGMS)** supports basic biomedical research to enhance our understanding of life processes and lays the foundation for advances in disease diagnosis, treatment, and prevention. The Institute’s programs encompass the areas of cell biology, biophysics, genetics, developmental biology, pharmacology, physiology, biological chemistry, bioinformatics, computational biology, and minority biomedical research and training. The Institute’s training programs help to provide the most critical element of good research: well-prepared scientists.

- The **NIH Undergraduate Scholarship Program (UGSP)** offers scholarship awards to undergraduate students from disadvantaged backgrounds who are committed to careers in biomedical, behavioral, and/or social science health-related research. The financial benefits of up to \$20,000 per year can be used to cover tuition, plus reasonable educational and living expenses. There are NIH service obligations during the summer and after graduation. For more details, visit the UGSP Web site, <http://ugsp.info.nih.gov>. To request an application, call the UGSP InfoLine at (800) 528-7689 or e-mail ugsp@nih.gov.
- **NIH Academy** is a residential program for up to 16 recent college graduates. Students are housed on Battery Lane in furnished apartments complete with computers. Tenure in the program may be one or two years. Special features of the program include:
 - A five-day orientation and opening and closing receptions
 - A Wednesday evening curriculum (including dinner) that ensures coverage of health disparities, skills development and student presentations
 - \$300 for a GRE or MCAT preparation course
 - Outreach activities including judging science fairs, the Black Family Reunion, and the Langley Park Health Fair
 - One-on-one counseling regarding graduate or medical school applications and interviewing
- **Postbaccalaureate Intramural Research Training Award (IRTA)** is a program for U.S. citizens or permanent residents who have graduated with a bachelor's degree from a U.S. institution within the preceding two years. The participants are expected to have the intention of attending graduate or medical school. The program includes about 600 students. Features of the program include:
 - A postbacc governing committee consisting of representatives from the various Institutes/Centers
 - Monthly lectures (the second Thursday of the month, Lipsett Auditorium) by distinguished scientists, often NIH investigators who have been nominated for the outstanding mentor award, with refreshments provided by the Foundation for Advanced Education in the Sciences
 - A seminar series: two post-baccs present their work in each session, with refreshments sponsored by the Scientific Directors
 - A fall welcome event plus workshops on applying to and interviewing for graduate or medical school, public speaking, presenting a poster, acing the GREs or MCATs, etc.

- A mentoring award
- Postbacc Poster Day
- Summer Extravaganza with Distinguished Mentor Award
- An official listserv and “club PCR” (a social listserv)
- A postbacc website, <http://preirta.nih.gov>, maintained by the trainees
- **Technical IRTA** is designed to produce super technicians. It differs from the postbacc program in that there is no requirement that participants are recent college graduates, and participants may hold the MS degree. At present there are about 100 trainees in this program. Features:
 - Every trainee is expected to have a training plan
 - Trainees are included in the postbacc listserv, are represented by the postbacc committee, and are welcome at postbacc events.

July 14

Training Opportunities for Medical and Dental Students

The NIH offers a variety of programs for medical and dental students who aspire to careers in research. This session will provide information about basic and clinical training programs on the NIH campus as well as support for students in combined degree (M.D./Ph.D. and D.D.S./Ph.D.) programs.

- The **HHMI-NIH Research Scholars Program** was established in 1985 as a joint venture of the Howard Hughes Medical Institute, one of the nation’s largest private biomedical research organizations, and the NIH. Students in good standing at U.S. medical schools are eligible to apply to the program. Research scholars spend nine months to a year on the NIH campus in Bethesda, Maryland, conducting biomedical research under the direct mentorship of senior NIH research scientists, and living among their peers at the Cloister, the research scholars’ on-campus residence. For further information, visit <http://www.hhmi.org/cloister>, call (800) 424-9924, or e-mail research_scholars@hhmi.org.
- The **Clinical Research Training Program (CRTP)** was established in 1997 at the recommendation of a panel of experts advising the NIH Director on the future of clinical research. This individualized, yearlong program was designed to attract the nation’s most creative, research-oriented medical and dental students to become involved in clinical research early in their careers. Students who have completed a year of clinical rotations are invited to apply. In most cases, students apply during their third year and, if selected, enter the next CRTP class in the summer. CRTP students usually spend one year in the program, with the possibility of an extension for a second year, provided support from their sponsoring NIH Institute is available and the

student has permission from the home institution. Medical and dental students who are U.S. citizens or permanent residents and are enrolled in a medical school accredited by the Liaison Committee on Medical Education (LCME) or a dental school that is accredited by the Commission on Dental Accreditation are eligible to apply. The program currently accepts 30 new students per year.

- The **NIH Clinical Electives Program (CEP)** provides opportunities for medical and dental students to care for patients and explore clinical investigation in 22 subspecialty areas. It is open to students who have completed (or are in the process of completing) core clerkships. Elective periods last four to eight weeks beginning on the first Monday of each month, with the exception of Medical Informatics, which is offered during the spring from March through April only. Individualized research electives can also be arranged in the basic or clinical sciences.

July 21

Graduate School at NIH

If graduate school is in your future, come and learn how to take advantage of the incredible research resources at NIH while getting your Ph.D. from one of several highly respected universities. NIH has a 50-year history of training graduate students. In 2000, the decision was made to expand this role in graduate education by establishing formal NIH/University partnerships through the Graduate Partnerships Program (GPP) that allow students to do most of their academic coursework at the university and dissertation research at NIH. There are currently 16 GPP programs to choose from. Students may also create individualized collaborations between NIH and university research mentors.

In keeping with the mission of the NIH Roadmap, the goal of the GPP is to create a Ph.D. training model that emphasizes development of skills to:

- Work collaboratively across disciplines, institutions, and/or national cultures
- Acquire deep expertise in a primary field of interest and sufficient expertise in another discipline to see and study questions which cross the boundaries
- Recognize and address research questions that might have lower chance of success but bigger potential payoff

A current list of partnership programs can be found at <http://gpp.nih.gov>.

July 28

Preparing for Careers in Biomedical Research

Hear successful investigators discuss educational pathways to a career in biomedical research. Workshops are open to interns in all NIH laboratories. Prior registration is not required.

Medical and Dental Student Activities

Several events specifically designed for students in the Summer Research Fellowship Program (SRFP; for individuals who have completed at least one year of medical or dental school) address research opportunities and careers in medicine and dentistry.

July 19	1:00 p.m.	NIH Clinical Research Training Program RSVP to (301) 451-4457	Building 10, Room 2C116
July 20	12:00 noon	Howard Hughes Medical Institute Cloister Program RSVP to (301) 951-6708	Building 60, Lecture Hall/ Chapel
July 27	12:00 noon	Graduate Medical Education Loan Repayment Programs	Building 10, Room B1L408

And More

Science Working for Us Seminar Series: Tenth Annual Diggs Lecture

The Diggs Lecture is sponsored by the NIH Black Scientists Association and highlights research related to minority health. The lecture is named for the late Dr. John Diggs, a former NIH Deputy Director for Extramural Research. Details regarding this year's lecture will be announced in June.

NIA/NIDA Student Poster Session

August 2 1:00 to 5:00 p.m. Gerontology Research Center Lobby, Baltimore

NICHD Summer Program Poster Presentations

August 4 4:00 to 6:00 p.m. Visitor Information Center, B-1 level, Building 10

Science in the Cinema

Science in the Cinema is a free film festival sponsored by the NIH Office of Science Education (OSE), in partnership with the AFI Silver Theatre and Cultural Center. This year's festival will be held on July 13, 20, 27, and August 3, 10, 17 at the historic Silver Theatre, located in downtown Silver Spring. Each day, a film with a medical science-related theme will be shown in its entirety. Following the film, a guest speaker with expertise in the film's subject area will comment on the science depicted in the film and take questions from the audience.

Shows start at 7:00 p.m. Tickets are free and are available on a first-come, first-served basis through the AFI Silver box office, on the day of show only. For more information, contact the OSE at (301) 402-2469 or visit the Web site, <http://science.education.nih.gov/cinema>.

Laboratory Safety

The NIH is responsible for the promotion of safe work practices for all who work in NIH research facilities, including summer students. The Occupational Health and Safety Division offers courses in **Laboratory Safety at the NIH** and **Working Safely with HIV and Other Bloodborne Pathogens in the Research Laboratory**. Prior to enrolling in the laboratory safety training courses, all students are required to take the **Introduction to Laboratory Safety Computer-based Training Course** located at <http://www.ors.od.nih.gov/labsafety>.

Classroom courses are offered monthly except in August. The courses listed below provide training in the safe work practices and procedures to be employed when working in the NIH research environment.

Introduction to Laboratory Safety Computer-based Training Course

This is an introductory course in laboratory safety to be completed prior to attending the classroom course **Laboratory Safety at the NIH**. The course, which is mandatory for new laboratory research employees, introduces laboratory personnel to common hazards and exposure risks, including chemical, radiological, and biological hazards that are found in NIH research laboratories. It provides instruction on how to prevent exposure to these hazards and on emergency response procedures in case of exposure. The course also covers NIH waste-handling procedures as well as methods to ensure the research laboratory is free from common physical hazards, and it provides information on NIH security policies and procedures. To access the on-line course, go to <http://www.ors.od.nih.gov/labsafety/>.

Laboratory Safety at the NIH

After completing the computer-based Introduction to Laboratory Safety course, students must attend the classroom course Laboratory Safety at the NIH. Laboratory supervisors are responsible for ensuring that their staff attend prior to working with potentially hazardous materials. The program addresses the following:

- Recognition and control of common biological, chemical, and physical hazards found in NIH laboratories
- Use of personal protective equipment
- Hazardous waste minimization and disposal
- Response to laboratory emergencies
- Medical surveillance programs available through the Occupational Medical Service
- Other selected topics

Attendance at this program assists in meeting the training requirement of the Occupational Safety and Health Administration (OSHA) Hazard Communication Standard (29 CFR 1910.1200) and Occupational Exposure to Hazardous Chemicals in Laboratories Standard (29 CFR 1910.1450).

Please note: Credit for attendance will not be given to late arrivals.

The **Laboratory Safety at the NIH** course will be held on the following dates in Masur Auditorium (Bldg. 10):

May 24	1:00 to 4:00 p.m.
June 9	1:00 to 4:00 p.m.
June 23	9:00 a.m. to 12:00 noon
June 30	9:00 a.m. to 12:00 noon
July 12	1:00 to 4:00 p.m.
July 28	9:00 a.m. to 12:00 noon

Laboratory Safety Refresher Course

This mandatory course for returning summer students is a one-hour refresher course in laboratory safety. The course reviews and provides updates on safety procedures and policies that govern laboratory safety at the NIH.

The refresher course should be completed online at: <http://www.ors.od.nih.gov/labsafety>.

Working Safely with HIV and Other Bloodborne Pathogens in the Research Laboratory

This two-hour program is for those individuals working with bloodborne pathogens. The program specifically discusses work practices in Biological Safety Level 2 and 3 laboratories.

Topics include:

- Steps to be taken in case of a potential HIV/bloodborne pathogen exposure
- Proper waste disposal procedures
- Medical surveillance programs offered by the Occupational Medical Service

OSHA requires that all personnel who work with bloodborne pathogens receive training in safe work practices (29 CFR 1910.1030). Attendance at this program is mandatory for research personnel who work with:

- Human blood, body fluids and/or tissues
- Human or nonhuman primate retroviruses
- Hepatitis B and C viruses
- Other bloodborne pathogens
- Animals or their housing

The program will be presented on the following dates in Masur Auditorium (Bldg. 10):

May 26	10:00 a.m. to 12:00 noon
June 7	10:00 a.m. to 12:00 noon
June 21	10:00 a.m. to 12:00 noon
July 14	10:00 a.m. to 12:00 noon
July 26	1:00 to 3:00 p.m.

Please note: Credit for attendance will not be given to late arrivals.

Bloodborne Pathogen Refresher Training

This web course provides annual refresher training for research laboratory personnel who may potentially be exposed to bloodborne pathogens in their work in the research laboratory and have previously attended the **Working Safely with HIV and Other Bloodborne Pathogens** course. The course provides researchers with the latest information on bloodborne pathogen risks in the research laboratory as well as information on means of protection from potential occupational exposures.

Prerequisite: **Working Safely with HIV and Other Bloodborne Pathogens** course

Requirement: Annual completion of this Web course is mandatory for all laboratory research personnel who may potentially be exposed to bloodborne pathogens.

To register for the above classroom courses, go to the on-line registration site, <http://www.ors.od.nih.gov/labsafety>. Registrations must be received one week prior to the scheduled course date.

Radiation Safety

All students entering laboratories posted for radioactive material use must take the **Radiation Safety Orientation** on-line training module, at <http://www.nih.gov/od/ors/ds/rsb/rso/index.html>. This requirement applies to all such students, regardless of whether they may actually handle radioactive materials. Interns who will handle radioactive materials must also complete the **Radiation Safety in the Lab (RSL)** course.

The Radiation Safety in the Lab course will be offered on the following dates:

May 18	9:00 a.m. to 12:00 noon	Building 21, Room 237
June 1	9:00 a.m. to 12:00 noon	Building 21, Room 237
June 17	1:00 to 4:00 p.m.	Gerontology Research Center (Baltimore), Room 1D12
June 23	1:00 to 4:00 p.m.	Masur Auditorium (Building 10, first floor)
June 30	1:00 to 4:00 p.m.	Masur Auditorium
July 28	1:00 to 4:00 p.m.	Masur Auditorium

For more information concerning radiation safety training, please contact the Radiation Safety Training Office at (301) 496-2255.

Dosimeter Evaluation Form

Every summer trainee who takes the RSL course must complete a Dosimeter Evaluation Form. The student must bring the completed and signed form to the RSL course he or she is scheduled to attend. The form is available for downloading at <http://www.nih.gov/od/ors/ds/rsb/forms/dosimetry.pdf>.

Minors Handling Radioactive Materials

Summer students under the age of 18 who plan to use radioactive materials must obtain special permission from the Radiation Safety Officer. Such students must submit an application form that is available for downloading at <http://www.nih.gov/od/ors/ds/rsb/minor.html>.

Returning Summer Students

Those summer students returning to the NIH will use their old Radiation Safety Branch identification number, but must call (301) 496-2255 to request reactivation of this number. Students who have been away from the NIH for more than two years must retake the **Radiation Safety in the Lab (RSL)** course.

Animal Care and Use

The **Office of Animal Care and Use (OACU)** offers a variety of training courses for NIH intramural personnel who work with animals. These courses are provided free to participants and fulfill federal training requirements for working with animals. Depending on what species you will be working with, there are different courses required. You may register on-line at <http://oacu.od.nih.gov/training/index.htm> or by calling the OACU at (301) 496-5424.

Using Animals in Intramural Research: Guidelines for Animal Users

Students who will be working with animals under the direction of a senior scientist must complete the **Guidelines for Animal Users** course before beginning work with animals. The course is offered as a 90-minute lecture and in an on-line, Web-based format. It describes proper care and use of animals in a research laboratory. Additional discussion of animal handling and restraint is presented to assure humane management of the animals.

The summer schedule for this course is:

June 13	9:00 to 10:30 a.m.	Building 50, Lobby level conference room
July 18	9:00 to 10:30 a.m.	Building 50, Lobby level conference room

The on-line course takes approximately 90 minutes to complete, but it does not have to be finished in one sitting. To access the on-line course, go to <http://fmp.cit.nih.gov/oacu/users/index.html>.

Working Safely with Nonhuman Primates

The course **Working Safely with Nonhuman Primates** is required for all trainees who will be working with nonhuman primates (NHP). You will learn about the normal behavior of NHP to help prevent injury and exposure to pathogens that are transmissible to humans, such as Herpes B-virus. The course, which consists of a video, handouts, and a quiz, is given on an individual basis at the animal facility. Contact your Institute or Center's veterinarian or the animal facility manager to arrange for a presentation.

Hands-on Animal Techniques: Rodent Workshops

The Rodent Workshops are optional opportunities to learn manual handling, sampling, and restraint techniques used in the laboratory with live animals. These half-day, small-group sessions provide an opportunity for individual instruction by certified laboratory animal technologists.

Workshops will be held from 8:30 to 11:00 a.m. in Building 49, Room 2A46. An afternoon session from 12:00 noon to 2:30 p.m. may be offered if the morning class is full. Workshop dates will be posted on the OACU website. You must register at least two weeks before the scheduled date of the workshop at the training website, <http://oacu.od.nih.gov/training/schedule2004.htm>, as enrollment is limited.

Mouse Only

May 20
June 17
July 22

Rats Only

June 17

General Information

When and where does it take place?

Poster Day 2005 is scheduled for Thursday, August 4, 2005, and will be held in the Warren Grant Magnuson Clinical Center. Participants are required to set up their posters between 3:00 and 5:00 p.m. on Wednesday, August 3. At that time, you will receive information regarding your poster board assignment.

Who may present?

Any student (high school, college, medical, dental, or graduate) working in an intramural laboratory this summer. You will need to spend the entire session at your poster site.

What will the format be?

You will have a 3 1/2 by 3 1/2 foot pre-assigned poster board on which to display your information. Your poster should include:

- An introduction (providing background information)
- The purpose of the project
- Materials and methods used
- Results and conclusions

While the text should be typed, figures may be drawn by hand. See the accompanying *Suggestions for Presenting Research in a Poster Format*.

Why should I participate?

This is a great opportunity to share the exciting work you have been doing this summer. Of course, having been here less than two months, you may not have final results from your experiments, particularly if this is your first year in a research lab. Even if your results are preliminary or incomplete at this time, you can still present background information on your project, any data you may have collected, or a discussion of the technical problems you have encountered. During the three-hour exhibit, you will have a chance to discuss your project informally with your peers and with members of the NIH scientific community. You will also receive a certificate in recognition of your participation in Poster Day.

How do I register?

You can register electronically at <http://www.training.nih.gov> beginning June 1. The registration form on the next page is a sample of what you will need to complete on-line.

When is the deadline?

Tuesday, July 5, 2005, EDT, at 5:00 p.m. Your registration will be confirmed via e-mail one week to ten days after the deadline. The deadline for preceptor approval is July 8 at 5:00 p.m., EDT.

What if I have questions?

Contact Ms. Debbie Cohen by e-mail at dc26a@nih.gov or call (301) 402-1907.

Sample Registration Form from www.training.nih.gov

(Be sure to read the on-line application tips before registering.)

Poster Information

Title •

NIH IC •

NIH Laboratory or Clinical Branch •

Preceptor Information

Primary Preceptor Dr. First MI Last •

E-mail •

Other Preceptor (if applicable) Dr. First MI Last •

E-mail •

Continue

Poster Presenter Information

Name Mr. First MI Last •

E-mail •

NIH Building •

NIH Room •

Permanent Address •

City •

State •

Zip •

NIH Phone •

NIH Fax •

Academic Information (as of Spring 2005)

Education Level •

School Year •

Last School Attended •

City •

State •

Back

Preview

Add Another Presenter

Registration Form (Part 1 of 2)

Instructions

- Enter the data requested and click the **Continue** button at the bottom of the page.
- Required fields are indicated with a (•).
- If desired, you may use the **tab** key to navigate the fields.

Application Form (Part 2 of 2)

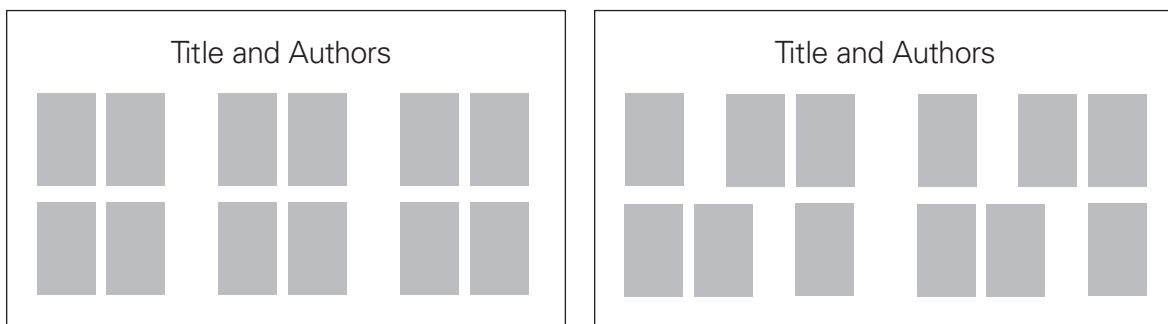
Instructions

- Enter the data requested and click a button at the bottom of the page.
- **Note:** Clicking **Preview** will allow verification of your inputs before submission.
- Required fields are indicated with a (•).
- If desired, you may use the **tab** key to navigate the fields.

Suggestions for Presenting Research in a Poster Format

1. The Office of Intramural Training and Education provides the space where you will hang your poster. You are responsible for designing, producing, and displaying the poster itself. Your poster will be displayed on a bulletin board surface. Be sure to bring thumbtacks or push-pins, as they will not be provided.
2. Draw a rough sketch of your poster. The board provided is 3 1/2 feet by 3 1/2 feet, so you should proportion your drawing accordingly. You may find it helpful to use graph paper and post-it notes to better visualize where the components of your poster will go.
3. Crowded, cluttered posters are difficult to read and are often disregarded in favor of more eye-pleasing posters. Make sure every item on your poster is necessary. Keep the text to a minimum and emphasize the graphics—charts, graphs, and photos. Save what you might put in text for discussion.
4. When composing your poster, use blank space to highlight or offset information. Be sure to align all edges of paper. Place related materials (e.g., graph with accompanying legend) close together, then offset it by surrounding it with blank space.

Arrange your information symmetrically on the board. A good approach is to divide your space vertically or horizontally into three or four sections.



5. Be sure to include the title of the presentation in large letters, the Institute and laboratory/branch where the work was completed, and the author names at the top center of the poster. Also, list the name of your school, college, or university.
6. Typewritten materials should be easy to read at a distance of four feet. Ordinary type-written or handwritten copy makes it difficult for your audience, so try to use a computer and increase the font size to at least 18 point. Place the abstract of your work on the upper left side of the poster.

Adapted from American Society for Microbiology's "Guide to Poster and Slide Sessions"

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Office of Intramural Training and Education (OITE)

The Office of Intramural Training and Education

<http://www.training.nih.gov>

- Information about NIH training programs
- Current postdoctoral and tenure-track position listings
- Fellowship Training Programs (800) 445-8283 (information for summer students, postbaccs, and postdocs)
- Graduate Partnerships Program (877) 422-7882 (information for graduate students)
- Medical Education Program (888) 695-5343 (information for medical and dental students)

NIH Resources

General NIH Info

<http://www.nih.gov>

The main NIH web site

NIH Jumpstart

<http://jumpstart.nih.gov>

A quick way to find answers to your questions about the NIH

NIH Directory

<http://directory.nih.gov>

NIH On-line Orientation

<http://orientation.nih.gov>

Security Information at the NIH

<http://security.nih.gov>

Guidelines for the Conduct of Research

<http://www.nih.gov/news/irnews/guidelines.htm>

A Guide to Training and Mentoring in the Intramural Research Program at NIH

http://www1.od.nih.gov/oir/sourcebook/ethic-conduct/TrainingMentoringGuide_7.3.02.pdf

NIH Library

<http://nihlibrary.nih.gov>

NIH Videocasts

<http://videocast.nih.gov>

Rebroadcasts of NIH lectures and conferences

NIH Intramural Database (Institute and Center Annual Reports)

<http://intramural.nih.gov/search>

Annual reports from all the Institutes and Centers, which are searchable so that you find specific investigators working in particular areas of interest

NIH Housing List

<http://www.recgov.org/housing/Rent.html>

NIH Federal Credit Union

<http://www.nihfcu.org>

Transportation

NIH Travel and Transportation Services

<http://dtts.ors.od.nih.gov/transportation.htm>

NIH Transhare

<http://dtts.ors.od.nih.gov/transhare.htm>

Agree not to drive your car to the NIH and receive cash subsidies for public transportation

Washington Metro Area Transit Authority

<http://www.wmata.com>

A guide to the buses and subways in Washington, D.C. and the surrounding counties

Ride-On Map

<http://www.montgomerycountymd.gov/content/dpwt/transit/routesandschedules/placelist/maplist.asp>

Map of Montgomery County, MD, bus routes

Entertainment

"Work is hard. Distractions are plentiful. And time is short."

– Adam Hochschild

"He who cannot rest, cannot work..."

– Harry Emerson Fosdick

The national capitol area has much to offer in the way of entertainment and relaxation. Whether your passion is nature, history, art, nightlife, or fine food, there is plenty here for you. The museums, parks, and historical sites listed below are just a small sample from the veritable smorgasbord of interesting sites and events around town. One of the best ways to learn about other local points of historical and cultural significance—as well as the latest events of interest—is through the Internet. Among the various on-line art and entertainment guides, the following will help you learn about all that the area has to offer:

<http://www.washington.org/>

<http://eg.washingtonpost.com/>

<http://www.washdc.org/>

Museums

B’Nai B’rith Klutznick

National Jewish Museum

1640 Rhode Island Avenue NW
Washington, DC 20005
(202) 857-6583

Admission: Free

Metro: Red Line, Farragut North

<http://www.bnaibrith.org/museum/>

Bethune Museum & Archives, Inc.

1318 Vermont Avenue NW
Washington, DC 20005
(202) 332-9201

Admission: Free

Metro: Blue/Orange Lines, McPherson Square

<http://www.nps.gov/mamc/>

Capital Children’s Museum

800 3rd Street NE
Washington, DC 20002
(202) 675-4120

Admission: Admission is charged.

Metro: Red Line, Union Station

<http://www.ncm.museum/>

Constitution Gardens

900 Ohio Drive SW
Washington, DC 20242
(202) 426-6841

The Gardens are located between the Washington Monument and the Lincoln Memorial, bordered by Constitution Avenue, 17th Street, and the Reflecting Pool.

Admission: Free. Permits are required for special events and First Amendment activities.

Metro: Blue/Orange Lines, Smithsonian

Corcoran Gallery of Art

500 17th Street NW
Washington, DC 20006
(202) 639-1700

Admission: Admission is charged.

Metro: Blue/Orange Lines, Farragut West

<http://www.corcoran.org>

DAR Museum

1776 D Street NW
Washington, DC 20006
(202) 628-1776
Admission: Free
Metro: Blue/Orange Lines, Farragut West
<http://www.dar.org/default.cfm>

Decatur House Museum

748 Jackson Place NW
Washington, DC 20006
(202) 842-0920
Admission: Admission is charged.
Metro: Blue/Orange Lines, Farragut West
<http://www.decatourhouse.org>

Folger Shakespeare Library

201 East Capitol Street SE
Washington, DC 20003
(202) 544-4600
Admission: Free; tours at 11:00 a.m.
Metro: Blue/Orange Lines, Capitol South
<http://www.folger.edu>

Fort Ward Museum

4301 West Braddock Road
Alexandria, VA 22304
(703) 838-4848
Admission: Free
Metro: Yellow Line, King Street;
DASH bus A-T5
<http://www.oa.ci.alexandria.va.us/fortward/>

International Spy Museum

800 F Street NW
Washington, DC 20004
(202) 393-7798
Admission: Admission is charged.
Metro: Red/Yellow Lines,
Gallery Place/Chinatown
<http://www.spymuseum.org/>

Library of Congress

1st Street & Independence Avenue SE
Washington, DC 20540
(202) 707-8000
Admission: Free
Metro: Blue/Orange Lines, Capitol South
<http://www.loc.gov>

Lillian & Albert Small Jewish Museum

3rd & G Streets NW
Washington, DC 20001
(202) 789-0900
Admission: Free
Metro: Red Line, Judiciary Square
<http://www.loc.gov/rr/main/religion/jhw.html>

Lyceum

201 S. Washington Street
Alexandria, VA 22314
(703) 838-4994
Admission: Admission is charged.
Metro: Yellow Line, King Street
<http://www.oa.ci.alexandria.va.us/lyceum/>

Manassas Museum

9101 Prince William Street
Manassas, VA 22110
(703) 368-1873
Admission: Admission is charged.
<http://www.manassasmuseum.com>

Marian Koshland Science Museum

The National Academies
500 Fifth Street, NW
Washington, DC 20001
202-334-1201 or
toll-free 888-KOSHLAND (888-567-4526)
Admission: Admission is charged.
Metro: Blue/Orange/Red Lines, Gallery
Place/Chinatown
<http://www.koshland-science-museum.org/>

National Archives

700 Pennsylvania Avenue NW
Washington, DC 20408
(866) 325-7208

Admission: Free

Metro: Green/Yellow Lines, Archives

<http://www.archives.gov>

National Archives at College Park

8601 Adelphi Road
College Park, MD 20740
(301) 713-6800

Admission: Free

<http://www.archives.gov/facilities/md/archives2.html>

National Building Museum

401 F Street NW
Washington, DC 20001
(202) 272-2448

Admission: Free

Metro: Red Line, Judiciary Square

<http://www.nbm.org>

National Gallery of Art

4th Street & Constitution Avenue NW
Washington, DC 20565
(202) 737-4215

Admission: Free

Metro: Red Line, Judiciary Square

<http://www.nga.gov>

**National Geographic Museum
at Explorers Hall**

17th & M Streets NW
Washington, DC 20036
(202) 857-7588

Admission: Free

Metro: Red Line, Farragut North

<http://www.nationalgeographic.com/museum/>

National Museum of the American Indian

4th Street and Independence Avenue, SW
Washington, D.C. 20024
202-633-1000

Admission: Free

Metro: All lines except Red, L'Enfant Plaza

<http://www.nmai.si.edu/>

**National Museum of American
Jewish Military History**

1811 R Street NW
Washington, DC 20009
(202) 265-6280

Admission: Free

Metro: Red Line, Dupont Circle

<http://www.nmajmh.org>

**National Museum of Health & Medicine
Walter Reed Medical Center**

6900 Georgia Avenue & Elder Street NW
Building 54
Washington, DC 20307
(202) 782-2200

Admission: Free

Metro: Red Line, Takoma

<http://www.nmhm.washingtondc.museum/>

National Museum of Women in the Arts

1250 New York Avenue NW
Washington, DC 20005
(202) 783-5000

Admission: Free

Metro: Blue/Orange/Red Lines, Metro Center

<http://www.nmwa.org/>

Octagon Museum

1799 New York Avenue NW
Washington, DC 20006
(202) 638-3221

Admission: Admission is charged.

Metro: Red Line, Farragut North

<http://www.archfoundation.org/octagon/>

The Phillips Collection

1600 21st Street NW
Washington, DC 20009
(202) 387-2151

Admission: Admission to the permanent collection is free during the week.

Metro: Red Line, Dupont Circle

http://www.phillipscollection.org/

Smithsonian • American Art Museum

8th & G Streets NW
Washington, DC 20013
(202) 357-2700

Closed for renovations until 2006.

Comments: In the same building as the Portrait Gallery.

http://americanart.si.edu/

Smithsonian • Anacostia Museum

1901 Fort Place SE
Washington, DC 20013
(202) 357-2700

Comments: Has one of the city's finest collections of African-American art.

Admission: By appointment only

Metro: Green Line, Anacostia, then W2 or W3 bus

http://anacostia.si.edu/

Smithsonian • Arthur M. Sackler Gallery

1050 Independence Avenue SW
Washington, DC 20013
(202) 357-2700

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Specializes in Asian art.

http://www.asia.si.edu

Smithsonian • Arts & Industries Building

900 Jefferson Drive SW
Washington, DC 20013
(202) 357-2700

Closed for renovations

Metro: Blue/Orange Lines, Smithsonian

http://www.si.edu/ai/

Smithsonian • Freer Gallery of Art

12th Street & Jefferson Drive SW
Washington, DC 20013
(202) 357-2700

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: This building, physically connected to the Sackler Gallery, specializes in Japanese artifacts.

http://www.asia.si.edu

Smithsonian • Hirshhorn Museum & Sculpture Garden

7th Street & Independence Avenue SW
Washington, DC 20013
(202) 633-2773

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: An impressive collection of sculpture, both classic and modern, plus contemporary art.

http://hirshhorn.si.edu

Smithsonian • National Air & Space Museum

6th Street & Independence Avenue SW
Washington, DC 20013
(202) 357-2700

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Spaceships and aircraft plus an IMAX Theater.

http://www.nasm.si.edu

Smithsonian • National Museum of African Art

950 Independence Avenue SW
Washington, DC 20013
(202) 633-4600

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Ancient African Art to 20th century artifacts.

http://www.nmfaa.si.edu/

Smithsonian • National Museum of American History

14th Street & Constitution Avenue NW
Washington, DC 20013
(202) 633-1000

Hours: 10 a.m. to 5:30 p.m.

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Items from 200 years of American existence. Railroad engines to computers to WWII and much more, including the art of each period.

<http://americanhistory.si.edu>

Smithsonian • National Museum of Natural History

10th Street & Constitution Avenue NW
Washington, DC 20013
(202) 357-2700

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

<http://www.mnh.si.edu/>

Smithsonian • National Portrait Gallery

8th & F Streets NW
Washington, DC 20013
(202) 275-1738

Closed for renovations until 2006.

Comments: In the same building as the American Art Museum.

<http://www.npg.si.edu/>

Smithsonian • National Postal Museum

2 Massachusetts Avenue NE
Washington, DC 20013
(202) 633-5555

Admission: Free

Metro: Red Line, Union Station

Comments: Washington's first post office, now an active historic site providing exhibits, lectures, and special family events.

<http://www.npm.si.edu/>

Smithsonian • Renwick Gallery

17th Street & Pennsylvania Avenue NW
Washington, DC 20560
(202) 357-2700

Admission: Free

Metro: Red Line, Farragut North

Comments: A collection of Oriental and contemporary American art, crafts and artifacts.

<http://americanart.si.edu/renwick/>

Sumner School Museum & Archives

1201 17th Street NW
Washington, DC 20036
(202) 442-6060

Admission: Free

Metro: Red Line, Farragut North

<http://www.cr.nps.gov/nr/travel/wash/dc58.htm/>

The Textile Museum

2320 S Street NW
Washington, DC 20008
(202) 667-0441

Admission: Free (suggested contribution of \$5)

Metro: Red Line, Dupont Circle

<http://www.textilemuseum.org/>

United States

Holocaust Memorial Museum

100 Raoul Wallenberg Place SW
(14th Street & Independence Avenue)
Washington, DC 20024
(202) 488-0400

Admission: Free, but requires advance time-entry pass.

Metro: Blue/Orange Lines, Smithsonian

<http://www.ushmm.org>

United States Navy Memorial

701 Pennsylvania Avenue NW
Suite 123
Washington, DC 20004
(202) 737-2300

Admission: Free

Metro: Green/Yellow Lines, Archives

National/State Parks and Historic Sites

Ford's Theater National Historic Site

511 10th Street NW

Washington, DC 20004

(202) 347-4833 (Box Office)

Admission: Free. Admission to theatrical performances is by paid ticket only

Comments: The theater where President Abraham Lincoln was shot and the house across the street where he died early the next day are preserved as Ford's Theater National Historic Site.

Metro: Blue/Orange/Red Lines, Metro Center Green/Yellow/Red Lines, Gallery Place/Chinatown

Franklin Delano Roosevelt Memorial

1850 West Basin Drive SW

Washington, DC 20024

(202) 376-6704

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Frederick Douglass National Historic Site

1411 W Street SE

Washington, DC 20020

(202) 426-5961

Admission: Admission is charged.

Comments: Frederick Douglass lived at Cedar Hill from 1877 until 1895. His fully restored Victorian home on the heights overlooking Anacostia offers a panoramic view of the U.S. Capitol, the Washington Monument, and the city of Washington.

Metro: Green Line, Anacostia; B-5 bus (Mt. Rainier)

Great Falls Park

Potomac, Maryland

(301) 299-3613

Admission: Admission is charged.

Comments: About 15 miles from the Mall, at the end of MacArthur Boulevard, are the Great Falls of the Potomac. The restored 19th century tavern was an important stopping point on the C&O Canal and is now a museum. Woodland paths and picnic areas are further features of the park, which is also a good starting point for hiking or cycling along the towpath.

Great Falls Park, Virginia

9200 Old Dominion Drive

(703) 285-2965

Admission: Admission is charged.

Comments: Excellent views of the cascading Potomac. The park has a snack bar, restrooms, visitor center, picnic facilities, and hiking trails. Fishing is permitted, but swimming and wading are not.

Korean War Veterans Memorial

Independence Avenue at the

Lincoln Memorial

Washington, DC

(202) 619-7222

Admission: Free. Permits are required for special events and First Amendment activities.

Metro: Blue/Orange Lines, Foggy Bottom

Lincoln Memorial

West Potomac Park at 23rd Street NW

Washington, DC

(202) 426-6841

Metro: Blue/Orange Lines, Foggy Bottom

**Mary McLeod Bethune Council House
National Historic Site**

1318 Vermont Avenue, NW
Washington, DC 20005
(202) 673-2402

Admission: Free

Metro: Blue/Orange Lines,
McPherson Square

Comments: The Site houses the
Bethune Museum and Archives, Inc.,
and is dedicated to the collection,
preservation, and interpretation of
African American Women's history.

**National Aquarium in
Baltimore, Maryland**

Pier 3, 501 East Pratt Street
(410) 576-3800

Admission: Admission is charged.

Comments: Docked nearby is the
lightship Chesapeake.

National Mall

Washington, DC

Admission: Free. Permits are required
for special events and First Amend-
ment activities.

Metro: Blue/Orange Lines, Smithsonian

Comments: The mall extends from the
Capitol to the Washington Monument.
Footpaths, bikeways, information and
map kiosks, and refreshment stands
adorn the mall. Bordering the Mall are
the Department of Agriculture, the
National Gallery of Art, and many of
the Smithsonian Institution museums:
Freer Gallery, Sackler Gallery, African Art,
Arts and Industries, Hirshhorn Museum
and Sculpture Garden, Air and Space,
American History, and the central
Smithsonian Institution building.

National Zoo

The Zoo is located in northwest Washington,
DC, at 3001 Connecticut Avenue.

It can be reached by:

Metro Red Line, Woodley Park/Zoo
or Cleveland Park

Bus L1 and L2 buses at the
Connecticut Avenue entrance;
H2 and H4 buses at Harvard Street.

Car Parking is very limited.
From May to September, lots may
be filled by 10:30 a.m.
Parking fee is calculated by the hour.

(202) 673-4800 General Information Recording

(202) 673-4717 Information Desk

(202) 673-4731 Zoo Park Police (In stormy
weather, call here to see if the zoo is open.)

Rock Creek Park

3545 Williamsburg Lane NW
Washington, DC 20008
(202) 895-6000

Admission: Free. Rock Creek Horse Centre
on Glover Road offers horse rentals and
riding instruction. There is an 18-hole golf
course with golf cart and club rental at 16th
and Rittenhouse Streets. Reservations
are required for the tennis courts.

Comments: Established in 1890, Rock
Creek Park offers 29 miles of hiking trails,
11 miles of bridle trails, horse rentals, tennis
courts, athletic fields, and dozens of picnic
areas. The Rock Creek Nature Center
gives guided nature walks daily and has
nature exhibits and planetarium shows.
Demonstrations at Pierce Mill illustrate
the working of a 19th century gristmill.
Tours are given of the Old Stone House,
the oldest dwelling in Washington.

**Sewall-Belmont House
National Historic Site**

144 Constitution Avenue, NE
Washington, DC 20002
(202) 546-3989

Admission: Free

Metro: Red Line, Union Station

Shenandoah National Park, Virginia

80 miles southwest of Washington
via I-66 and US 340 or via I-66
and US 211

(540) 999-2243

Admission: Admission is charged.

Comments: Skyline Drive threads for
105 miles through the Blue Ridge
Mountains. The park has campgrounds,
mountain cottages, lodges, fishing,
horse rentals, picnics spots, 94 miles
of the Appalachian Trail, and 200 miles
of park trails.

Theodore Roosevelt Island

Washington, DC
(703) 289-2500

Metro: Blue/Orange Lines, Rosslyn
The parking area is accessible from
the northbound lane of the George
Washington Memorial Parkway on
the Virginia side of the Potomac River.
A footbridge connects the island to the
Virginia shore. The island is also accessible
to pedestrians via the Metro station at
Rosslyn and a 20-minute walk following
city streets to the Key Bridge, where the
Mount Vernon Trail begins. Follow the
trail to the island entrance.

Admission: Free. Fishing permits are
required for persons older than 16.
Vehicles are not permitted on the island.

Thomas Jefferson Memorial

Tidal Basin, South End
15th Street, SW
Washington, DC
(202) 426-6841

Admission: Free. Permits are required for
special events and First Amendment activities.

Vietnam Veterans Memorial

Constitution Avenue & Henry Bacon Drive, NW
Washington, DC 20001
(202) 634-1568

Admission: Free. Permits are required for
special events and First Amendment activities.

Metro: Blue/Orange Lines, Foggy Bottom
Comments: The Memorial also includes the
Three Servicemen Statue and the Vietnam
Women's Memorial.

Washington Monument

Constitution Avenue at 15th Street, NW
Washington, DC 20001

(Inclined pathways lead from the parking lot
and 15th Street to the entrance and elevator.)
(202) 426-6841

Comments: An elevator takes visitors to the
500-foot level. Return is by elevator as well.
If you wish to walk down the 898 steps,
you must make arrangements beforehand
with the staff.

White House

1600 Pennsylvania Avenue, NW
Washington, DC 20500
(202) 456-7041

Tours of the White House Executive
Residence are available for groups of
10 or more. Requests must be submitted
to your Member of Congress. Visit
<http://www.whitehouse.gov/history/tours/>
or call the number above for updates.

Calendar of Events

May 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4		6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

July 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27		29		

August 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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